

Guideline Title: SHP Dry Needling

ORG/OTC Code: SHP Medical 173

Coverage:

See the appropriate benefit document for specific coverage determination. Member specific benefits take precedence over medical policy.

Application to Products:

Policy is applicable to Optima Virginia Medicaid only.

Authorization Requirements:

Pre-certification by the Plan is required.

Description of Item or Service:

Dry needling uses small dry (does not inject liquid) needles that are inserted into trigger points through the skin that are in either muscle or tissue. This treatment can be used for muscle pain and dysfunction.

**Note: Dry Needling is not to be confused with acupuncture which is a healing technique that uses needles that are inserted into points (not necessarily trigger points) along meridian lines that represent different organs. Dry needling uses medical evidence-based guideline recommendations while acupuncture is used to alter a person's energy flow using ancient Chinese medicine practices.

Exceptions and Limitations:

There is insufficient scientific evidence to support the medical necessity of this service as it is not shown to improve health outcomes upon technology review.

Clinical Indications for Procedure:

NA

Document History:

Revised Dates:

2023: July

Reviewed Dates:

2022: May

2021: May

Effective Date: June 2020

Coding Information:

CPT/HCPCS codes covered if policy criteria is met:

None

CPT/HCPCS codes considered not medically necessary per this Policy:

CPT 20560 - Needle insertion(s) without injection(s); 1 or 2 muscle(s)

CPT 20561 - Needle insertion(s) without injection(s); 3 or more muscles

References:

References used include but are not limited to the following:

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Codes:

Add above codes

Keywords:

SHP Dry Needling, SHP Medical 173, trigger points, muscle pain

Notes for MCG Implementation:

This will not be an auto auth template, as there is no criteria. Add codes to pend list

New notes 5/25/21:

No changes



Ross - 2021 Annual
Review - Dry Needlir